



MIDDLETOWN

Senior News



150 William Street •(860) 638-4540 •(860) 638-4541

Debbie Stanley, Acting Director of Senior Services

Daniel Drew, Mayor

Monthly Entertainment Spare Time

Weds., July 2nd 11am

Please join us for monthly entertainment by Spare Time. Would you like to stay for lunch? Remember to make your reservation in advance with CW Resources at 860-558-5285.

Hyperthermia & Sun Related Illness

Weds., July 9th 2:30pm

Please join us as Janet Leonardi, Coordinator for Risk Reduction Services for the City of Middletown, discusses sun related illnesses.



SENIOR HAIRCUTS \$3.00

Fri., July 18th 10am-12pm

This is sponsored by Water's Edge Center for Health &

Rehabilitation and Euro-American Connections & Homecare. Please call 860-638-4540 to schedule your appointment.



Strawberry Shortcake

Tues., July 22nd 2:30pm

Please join us for strawberry shortcake and entertainment. This is sponsored by Wadsworth Glen Health Care & Rehabilitation Center. Call the Senior Center at 860-638-4540 to register. Space is limited.



COMING SOON!!!!

Farmer's Market Coupons

You must be present to receive your booklet. You must be 60 or older and you must be a Middletown Resident.

If you reside in senior housing, you must go to the housing office to receive your booklet.

All Participants Must Provide:

Proof of Middletown Residency
Proof of Age
Proof of Income

Please call the Senior Center at 860-638-4540 for any questions.

GET INVOLVED !

- July 1, 8, 15, 22, 29. Blood Pressure Clinic 12:45pm—1:45pm
July 2, 3, 7, 9, 10, 14, 16, 17, 21, 23, 24, 28, 30, 31. Exercise. Mon, Weds. & Thurs.
July 2, 9, 16, 23, 30. Yoga. 10:00am & 11:30am
July 2. Entertainment by Spare Time 11am
July 2, 7, 9, 14, 16, 21, 23, 28, 30. Ceramics 12:30pm
July 3, 10, 17, 24, 31. Knitting 1:00 pm.
July 3, 10, 17, 24, 31. Oil Painting Class. 1:15pm
July 7, 21. Massage Therapy 9am-2:30pm
July 7, 14, 21, 28. Tai Chi at 10:30am
July 7, 14, 21, 28. Line Dancing. 1:15—2:30
July 7, 14, 21, 28. Dancing for Joy. 1:30pm
July 9. Educational Seminar on Hyperthermia & Sun Related Illnesses 2:30pm
July 10. Reiki 9-12
July 14. Bus Sign-ups for August
July 16, 23. Foot Care Appointments 9am-3:00pm
July 16. Beltone Rep., Hearing Aid. 12:00pm
July 17. AARP Safe Driving Class 12:30pm-4:30pm
July 18. Senior Haircuts \$3.00 10am-12pm co-sponsored by Water's Edge & Euro-American Connections
July 18. Barbecue Chicken Dinner \$3.00 per person 2:30pm-3:30pm
July 21. Amazing Grace Food Pantry. 1:00-3:00
July 22. Strawberry Shortcake & Entertainment by Bob Anderson 2:30pm-4:30pm sponsored by Wadsworth Glen

My great hope is to laugh as much as I cry; to get my work done and try to love somebody and have the courage to accept the love in return. *The Great Maya Angelou*

Community Café Free Lunch Winner

Congratulations to Sandra Steele, June's winner.
Enter for a chance to win a free lunch, compliments of CW Resources.

May's Brain Teaser Winners

Karen Bevan, Jane Burr, Nancy Clayton,
*Gerard Cyr, Susi Delldonna, Loretta Dzialo,
Joan Fazzino, Mark Radziwon, Chuck Stanley,
Carol Van Lieu, Rosemarie Vecchitto, Mamie
Vickers & George Zepko

**Denotes Prize Winner*

Congratulations to all of our winners. Please stop by the Senior Center to pick up June's Brain Teaser.

THE MIDDLETOWN SENIOR NEWS

Acting Director: <i>Debbie Stanley</i>	860-638-4501
Senior Services Coordinator <i>Heidi Geores</i>	860-638-4541
Senior Service Specialist/ADA Compliance Officer <i>Laura Runte</i>	860 638-4542
	Office Fax: 860 343-5427
Municipal Agent: <i>Laura Runte</i>	860 638-4542
Prog.Aide/Cust: <i>John Marion</i>	
Sr. Bus Driver: <i>Mike Rogalsky</i>	
Café Manager: <i>CW Resources—860-558-5285</i>	
e-mail address: Debbie.stanley@middletownct.gov	
Dept. web site: www.cityofmiddletown.com/seniors	

OUR CENTER OFFERS A WIDE SELECTION OF ACTIVITIES

Bingo, Wednesday and Friday at 1:00 pm. (25 cents per card)
Blood Pressure Clinic, Every Tues. 12:45, sponsored by our Public Health Nurse
Bowling, Nintendo Wii, 12:30 pm., Mon., Tues & Wed.. Virtual Bowling (free)
Card Games, Thur., 12:30 pm. Setback, Kings in the Corner, Michigan Rummy
Ceramics, Monday and Wednesday at 12:30 pm. (\$1.00 per class)
Civitan Bingo, last Tuesday of month (Sept.– June), 6:30 pm. (free)
Coffee and Tea, are available free all day for seniors while in the center
Computer Center Classes, Computer classes for Seniors 60 and older
Dancing for Joy, Mon., 1:30-2:45 pm. Led by Laura Richling (free)
Drawing Class, Tues, 2:30-4:40pm. Led by Armida Espaillat (10 session, materials included \$20.00)
Driver Safety Classes, by AARP instructor, 4 hour class (\$15.00 AARP member, \$20.00 non-member)
Educational Seminars, See calendar and flyers (free)
Exercise, Mon., Wed., 9:00 am, Thur., 10 am. (free)
Foot Care Clinic, The 2nd & 4th Wednesday of the month with Phyllis Bjornberg-Haut, LPN. (\$35.00)
Grandparents Resource Group, Second Tues. of the month, 10:00 am. Guest Speakers (Sept.-May, free)
Hearing Screening, Third Wednesday of the month, 12:00—1:00 pm. (free)
Knitting, Thur., 1:00 pm. (free) Interested knitters meet to knit, share patterns, and socialize.
Lending Library, books, magazines, jigsaw puzzles, and rotating collection from Russell Library (free)
Line Dancing, Mondays, 1:15 pm. (free)
Lunch, Hot lunches catered daily by CW, please call 860-558-5285—suggested donation (\$2.50)
Lunch Entertainment, 11:00 am, the first Wednesday of the month, featuring a variety of entertainers.
Massage, Massage Therapist Elaine Rowe (CT. Lic. #000775), 1st/3rd Mondays.
Middletuners, Traveling senior chorus. Barbara Arafteh, Director, 860 347-4887
Movies, recently released DVD's, Tuesdays at 12:30 pm (free)
Newsletter, Monthly Senior Center newsletter containing information and activities (free)
Oil Painting, Thursdays, 1:15 pm. (free)
Ping Pong, Available most days, call for reservation
Senior Center Bus, excursions on Tuesdays and Thursdays (from \$3.00)
Senior Counseling, Municipal Agent, various hours, call 860 638-4542
Senior Resources Manual, 8 page handbook of resources and services (free)
Tai Chi, Mondays at 10:30 am. (\$40.00—ten week cycle)
Yoga, Wednesdays. The 1st session 10-11:15am (8wks, \$28.00) The 2nd 11:30-12:30pm (8 weeks, \$21.00)

Middletown Renters Rebate Program

Income guidelines apply to Middletown renters, 65 years of age and older, seeking rebates or persons under 65 receiving social security disability.

Income requirements:

Married (maximum)	\$41,600
Single (maximum)	\$34,100

Contact the Middletown Tax Assessor's Office at City Hall 245 DeKoven Drive at 860-638-4930.
(April 1—October 1)

Barbecue Chicken Dinner

Fri., July 18th 2:30pm

Join us for a delicious barbecue chicken dinner. The cost is \$3.00

per person.
Please register for this special dinner at the Senior Center.



MONDAY	TUESDAY	WEDNESDAY
	1 9:00 Bus Trip: Mohegan Sun Casino 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Follow That Dream 12:45-1:45 Blood Pressure Clinic	9:00-9:45 Exercise 10:00 Yoga A 11:00 Monthly Entertainment 11:10 Yoga B 12:30 Ceramics 1:00 Bingo
7 9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	8 9:30 Bus Trip: Magic Wings Butterfly Conservatory Sylvester's Restaurant 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Catch and Release 12:45-1:45 Blood Pressure Clinic	9:00-9:45 Exercise 10:00 Yoga A 11:10 Yoga B 12:30 Ceramics 1:00 Bingo 2:30 Educational Seminar Illness
14 9:00 Exercise 10:00 Sign-up for August Bus Trips 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	15 10:00 Bus Trip: Saybrook Home Goods & Marshalls Lenny & Joe's FishTale 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Jane Eyre 12:45-1:45 Blood Pressure Clinic	9:00-9:45 Exercise 9:00-2:30 Foot Care By Appointment 10:00 Yoga A 11:10 Yoga B 12:00 Lunch: Menu available at Senior Center 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo
21 9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Amazing Grace Food Pantry Bus Trip 1:15 Line Dancing 1:30-2:45 Dancing for Joy	22 10:30 Bus Trip: Mini Golf Cromwell Diner 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: The Monuments Men 12:45-1:45 Blood Pressure Clinic 2:30-4:30 Strawberry Shortcake & Entertainment Sponsored by Wadsworth Glen Health & Rehabilitation Center	9:00-9:45 Exercise 9:00-2:30 Foot Care By Appointment 10:00 Yoga A 11:10 Yoga B 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Bingo
28 9:00 Exercise 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy	29 10:00 Bus Trip: Christmas Tree Shop—Orange Cracker Barrel Restaurant 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Groundhog Day 12:45-1:45 Blood Pressure Clinic	9:00-9:45 Exercise 10:00 Yoga A 11:10 Yoga B 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Bingo

OPEN MRI OF CONNECTICUT

OPEN MRI OF MIDDLETOWN

Metro Square, 140 Main Street, Middletown

(860) 346-7400

"Where caring is all that surrounds you."

also located at:



Buckland Hills Enfield Glastonbury
860-648-4674 860-745-2288 860-657-2242



Post-acute Orthopedic, Stroke and Cardiac Rehabilitation
 Specialized Dementia Care Services • Quality Long-term Care

100 Randolph Road - Middletown, CT 06457

(860) 344-0353 www.athenahealthcare.com/middlesex

WEDNESDAY		THURSDAY		FRIDAY				
Towers Spare Time	2	3	10:00 Bus Trip: Elizabeth Park Rose Garden City Steam Restaurant	SENIOR CENTER CLOSED				
			10:00 Exercise					
			12:00 Lunch: Menu available at Senior Center					
			12:30 Cards					
			1:00 Knitting					
			1:15 Oil Painting					
Hyperthermia & Sun Related	9	10	10:00 Bus reserved by Shiloh Manor	12:00 Lunch: Menu available at Senior Center	11			
			10:00 Exercise			1:00 Bingo		
			10:00-1:00 Reiki Therapy by Appointment					
			12:00 Lunch: Menu available at Senior Center					
			12:30 Cards					
			1:00 Knitting					
	16	17	10:00 Bus Reserved by Newfield Towers	10am-12pm Senior Haircuts \$3.00	18			
			10:00 Exercise			12:00 Lunch: Menu available at Senior Center		
			12:00 Lunch: Menu available at Senior Center				1:00 Bingo	
			12:30-4:30 AARP Safe Driving Class					2:30 Barbecue Chicken Dinner \$3.00
			12:30 Cards					
			1:00 Knitting					
	23	24	9:00 Bus Trip: Stoneycrest Towers	12:00 Lunch: Menu available at Senior Center	25			
			10:00 Exercise			1:00 Bingo		
			12:00 Lunch: Menu available at Senior Center					
			12:30 Cards					
			1:00 Knitting					
			1:15 Oil Painting					
	30	31	9:00 Bus Trip: Old Middletown High					
			10:00 Exercise					
			12:00 Lunch: Menu available at Senior Center					
			12:30 Cards					
			1:00 Knitting					
			1:15 Oil Painting					


Biega's Home for Funerals
 Complete Funeral & Cremation Services
 Pre-Need Counseling & Arrangements Available
 (860) 346-1055
 3 Silver Street, Middletown, CT 06457
 Family Owned Since 1939


Middlesex Eye Physicians
The Eye M.D.s
 Laser used to create precise incisions which increases safety and enhances visual outcomes.
www.middlesexeye.com
Laser Cataract Surgery
 MIDDLETOWN OFFICE WESTBROOK OFFICE EAST HAMPTON OFFICE
 400 Saybrook Road 4 Grove Road, North 200 Middletown Ave.
 Middletown Westbrook East Hampton
 (860) 347-7466 (860) 669-5305 (860) 295-6440

AARP's Driver Safety Program 2014 Class Schedule

July 17th, September 18th & November 20th

**All classes held on Thursday afternoons from
12:30pm-4:30pm Advanced registration is
required.**

**Payment required at time of registration
\$15.00 for AARP Members
(membership # required)
\$20.00 for Non-Members**

**Payable by Check or Money
Order only. Call the Senior
Center at 860-638-4540 for
more information.**



COMING IN AUGUST.....

Aug. 6th	Monthly Entertainment
Aug. 8th	Chair Yoga Demo
Aug. 12th	Silk Flower Craft
Aug. 13th	Educational Seminar Eczema
Aug. 29th	Senior Haircuts \$3.00
Aug. 29th	\$3.00 Shish Kabob Dinner

*** Also, coming in August, please keep a look out for an Educational Seminar on Medicare. If you are new to Medicare or want/need changes to your insurance, please plan on attending. Date to be determined.....**

*** Look for a low cost Dental Clinic here at the Senior Center. This will be sponsored by the Community Health Center. Date to be determined.....**

Physical Health Benefits of Senior Exercise and Fitness

- **Exercise helps seniors maintain or lose weight.** As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories. When your body reaches a healthy weight, overall wellness improves.
- **Exercise reduces the impact of illness and chronic disease.** Among the many benefits of exercise for seniors include improved immune function, better heart health and blood pressure, better bone density, and better digestive functioning. Seniors who exercise also have a lowered risk of several chronic conditions including Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and colon cancer.
- **Exercise enhances mobility, flexibility and balance in seniors.** Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

Mental Health Benefits of Senior Exercise and Fitness

- **Exercise improves your sleep.** Poor sleep is *not* an automatic consequence of aging and quality sleep is important for your overall health. Exercise often improves sleep, helping you fall asleep more quickly and sleep more deeply.
- **Exercise boosts mood and self-confidence.** Endorphins produced by exercise can actually help you feel better and reduce feelings of sadness or depression. Being active and feeling strong naturally helps you feel more self confident and sure of yourself.
- **Exercise is good for the brain.** Exercise benefits regular brain functions and can help keep the brain active, which can prevent memory loss, cognitive decline, and dementia. Exercise may even help slow the progression of brain disorders such as Alzheimer's disease.

The Senior Center offers a variety of exercise programs. Committing to a routine of physical activity is one of the healthiest decisions you can make. ***Please be sure to get medical clearance from your doctor before starting an exercise program.*** (Information found on www.helpguide.org)

Water's Edge Center for Health and Rehabilitation

— Premier Providers of —

• Subacute Rehabilitative Care • Alzheimer's Dementia Care • Long Term Care
Please contact Our Admissions Office at (860) 347-7286 for your personal tour!
Serving The Middlesex Community

Water's Edge
Center for Health & Rehabilitation
www.watersedgerehab.com

111 Church Street, Middletown, CT 06457

SOUTH GREEN APARTMENTS

65 Church St., Middletown, CT 06457

Currently Accepting Applications
One and Two Bedroom Apartments
Federally Subsidized

Affordable Housing for Ages 62 & Over Or Persons with Disabilities

Call South Green at 860.344.1361

To receive an application.

Financed by CHFA

Professionally managed by S.H.P. Management



Wadsworth Glen HEALTH CARE AND REHABILITATION CENTER

Over 25 Years of Caring for Our Community

Sub-Acute Rehabilitation Services

Physical, Occupational, and Speech Therapies
Most Insurances Accepted

Quality Long Term Care

Hospice and Respite Services Available



860-346-9299 • 30 Boston Road, Middletown, CT
Managed by Athena Health Care Systems • athenahealthcare.com/wadsworth

HELP PROTECT YOUR FAMILY CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

dish Make the Switch to DISH Today and
Save Up To 50%

Call Now and Ask How! 1-800-316-0283

All offers require 24-month commitment and credit qualification. Call 7 days a week. Dish - 11pm EST. Promo Code: NBD912. *Offer subject to change based on promotional terms and availability.



RAYMOND G. LEFOLL

TAMMY L. LEFOLL

LEFOLL & LEFOLL, LLC ATTORNEYS AT LAW

Let our family protect yours

- Wills and Trusts • Elder Law • Power of Attorney
- Probate • Living Will • Real Estate
- Appointment of Health Care Representative

2301 Silas Deane Hwy.

P.O. Box 727 • Rocky Hill, CT 06067

860-536-2355 Phone • 860-257-4129 Fax

www.lefoll.com

COUGHLIN LASTRINA Funeral Home

Sebastian
Lastrina
Director

860-346-5439

491 High Street
Middletown, CT 06457



MIDDLETOWN AREA TRANSIT

PROVIDING PUBLIC TRANSPORTATION FOR THE
GREATER MIDDLETOWN AREA FOR OVER 30 YEARS

We also provide Curb-to-Curb service for
eligible passengers to various destinations.

Visit our Website at www.middletownareatransit.org

or Call 860 346-0212, Ext. 2 For More Information.

Golden Horizons Elder Care Svcs.



Personal Care
Companions
Homemakers
860-388-1788



D'Angelo
Funeral Home Inc.

22 South Main Street

Middletown, CT 06457

Phone: 860-347-0752

Email: ljs1837@aol.com

www.dangelfuneralhome.com

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > A+ Rating with BBB

TOLL FREE: 1-877-801-5055

*First Three Months

**SPRING
SPECIAL**



APPLE REHAB Middletown

Call today for a tour!

Eleanor Ferrara-Anderson
Director of Admissions

**APPLE REHAB
MIDDLETOWN**

600 Highland Ave., Middletown, CT 06457

860.347.3315

Uncompromised Living. Uncompromised
Care. That's our **promise** to you.

Specializing in:

- Short term Rehabilitation
- Orthopedic Rehabilitation
- Long term Living

Accepting Majority of
HMO & Managed Medicare

Middletown Senior News
150 William Street
Middletown, CT 06457

Standard Mail

U.S Postage

PAID

Permit #38

Middletown

CT 06457

ECKERSLEY HALL BUILDING COMMITTEE

Progress continues to be made at the new Senior/Community Center! Within the past few weeks, MA&M has installed the elevator and has started work on the main entry stairwell, giving people easy access to the top floor of the center. At the same time, finishing detail elements are being installed. These features include drop ceilings and wall moldings in most of the second floor activity rooms. Some of the rooms have even had a first coat of paint! Activity continues to happen at a rapid pace and the center is really beginning to take shape.

Recently, the Middletown Art Guild toured the space with hopes of adding additional programming at the Senior/Community Center. Program participants will then have an opportunity to display their creations on the various wall spaces throughout the building when it is complete. The Middletown Press also visited the site a few weeks ago and took a number of photos and placed them online. They can be found on the Media page of the Middletown Press. <http://media.middletownpress.com/>

The next meeting of the Building Committee is scheduled for July 14th @ 6:00pm. Middletown Recreation and Community Services Dept. in Riverview Plaza. If anyone has questions or comments please contact Joseph Samolis, Chair at 860.638.4801 or Phil Pessina, Vice Chair at 860.346.0348.